

WHAT IS CLAIMED IS:

1. A method of preparing food to be cooked under heat or food cooked under heat, which is capable of decreasing acrylamide contained in the food after the cooking, wherein the method comprises adding to the food at least one compound selected from the group consisting of (a1) neutral amino acids and salts thereof, (a2) basic amino acids and salts thereof, (a3) neutral imino acids and salts thereof, (b) sulfonic acids and salts thereof and/or at least one peptide complex of peptides having, as constituting components thereof, any one of the amino acids of the items (a1) to (a3).

2. The method of preparing food to be cooked under heat or food cooked under heat according to claim 1, wherein

the neutral amino acid and the salt thereof belonging to item (a1) are selected from nonpolar neutral amino acids consisting of glycine, alanine and salts thereof, and polar neutral amino acids consisting of serine, cysteine and salts thereof;

the basic amino acid and the salt thereof belonging to item (a2) are selected from the group consisting of lysine, arginine, histidine and salts thereof;

the neutral imino acid and the salt thereof belonging to item (a3) are selected from the group

consisting of proline, hydroxyproline and salts thereof; and

the sulfonic acid and salt thereof belonging to item (b) is taurine.

5           3. The method of preparing food to be cooked under heat or food cooked under heat according to claim 1, wherein

the salt includes an amino acid salt selected from the group consisting of L-arginineL-glutamate and L-lysineL-glutamate; and

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the peptide complex is selected from the group consisting of glutathione and polylysine.

4. The method of preparing food to be cooked under heat or food cooked under heat according to claim 1, wherein the food contains a cereal flour and/or starch.

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5. The method of preparing food to be cooked under heat or food cooked under heat according to claim 1, wherein the temperature at which the food is to be cooked or cooked under heat is not lower than 120°C.

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6. The method of preparing food to be cooked under heat or food cooked under heat according to claim 5, wherein the cooking under heat is carried out by frying, stir-frying or roasting.

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7. The method of preparing food to be cooked under heat or food cooked under heat according to

claim 1, wherein the food is selected from the group consisting of noodles, tempura (Japanese deep-fried food), baked confectionery, fried confectionery, snacks and foods having wrapping sheet of dough made of a cereal flour or starch.

8. The method of preparing food to be cooked under heat or food cooked under heat according to claim 7, wherein the baked confectionery is biscuits, the fried confectionery is Karintou, the snacks is potato chips, and the foods having wrapping sheet of dough are selected from Agegyouza and Yakigyouza.

9. The method of preparing food to be cooked under heat or food cooked under heat according to claim 1, wherein the food is to be cooked or cooked at a temperature for a period of time which permit the amount of acrylamide to be increased after the cooking under heat, compared with the amount of acrylamide contained in the food before the cooking under heat, in the case where the food to which the compound and/or the peptide complex is not added, is cooked under heat.

10. The method of preparing food to be cooked under heat according to claim 1, wherein the method does not comprise final cooking of the food under heat to which the compound and/or the peptide complex is added thereby to prepare the food to be cooked under heat.

11. The method of preparing food cooked under heat

according to claim 1, wherein the method further comprises cooking the food to which the compound and/or the peptide complex is added, by cooking under heat thereby to prepare the food cooked under heat.

5           12. Food before cooking under heat, which is prepared by the method according to claim 1, and which is capable of lowering acrylamide contained in the food after the cooking under heat.

10           13. Food cooked under heat, which is prepared by the method according to claim 1, and in which acrylamide was lowered.